



OSU EXTENSION KAY COUNTY 4-H YOUTH DEVELOPMENT

May 2023

Food, Fun, 4-H ready for exciting summer in the kitchen

Back for its fourth year, and better than ever, the Food, Fun, 4-H project kicks off in May. More than 700 families already are enrolled for the summer 2023 FF4-H activities.

This fun, family activity runs from May through August and is free to participants. Each month's theme will be a surprise based off of suggestions from past participants, said Cathy Allen, 4-H curriculum coordinator at the state 4-H office at Oklahoma State University.

"Food, Fun, 4-H was developed in 2020 as a way to help youth develop kitchen skills, as well as to help bring the family back to the table for meals," Allen said. "Families are understandably busy, but sitting down together as a family to eat a homecooked meal is important. That first year we hoped to have 50 families participate, and we far surpassed that goal. Summer 2023 is our biggest year yet."

All youth who register for the program receive monthly themed packets via email containing recipes for a complete meal, featuring colorful photos with step-by-step directions. Participants also receive nutritional facts, educational information, conversation starter topics for when the family is around the table and a family physical activity challenge. This program is funded through the Walmart Healthy Habits grant, with assistance from Murphy's Department Store in Stillwater, Oklahoma.

While the main focus of FF4-H is getting families back around the dining room table, it's also about mental and physical well-being, developing new and useful skills and encouraging youth to participate in community service or civic engagement activities.

"One of our goals is to get families to try new foods. They may have tried Brussels sprouts before, but the cooking method left

them soggy or unappetizing," Allen said. "New cooking methods such as roasting and including a balsamic glaze can be a game changer for this healthy vegetable. FF4-H helps them expand their food horizons."

The family physical challenge can be taking a walk after dinner, planting flowers together or a bike ride at the park.

Another focus area within FF4-H is service learning or civic engagement activities, which ties back to all 4-H projects. Some ideas are interviewing a family member about a favorite family recipe, adopting someone at a local nursing home and visiting or collecting school supplies for next fall. The FF4-H packet will include lots of fun ideas.

"Service learning activities provide young people with opportunities to think about others," said Cathleen Taylor, state leadership and civic engagement specialist with the state 4-H office. "As families gather to prepare a Food, Fun, 4-H meal, they're encouraged to brainstorm ideas of how they can help in their community."

Allen noted that dealing with mental stress is a reality for many teens and their families and encourages them to take a mindful minute.

"A mindful minute example is taking the time to look around and focus on five things they see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste," she said. "It's amazing how much less stressed a person can feel after this activity. A mindful minute helps us ground ourselves. Another option is to journal on a regular basis."

Contact Allen at cathy.allen@okstate.edu for registration information.

Kay County

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Kay County 4-H

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COUNTY RECORD BOOKS DUE IN OUR OFFICE

NO LATER THAN JUNE 1, 2023

RECORD BOOK COVERS ARE

\$3.00 AND AVAILABLE IN OUR OFFICE.

Forms can be found online at <https://extension.okstate.edu/county/kay/media/docs/4-h/kay-county-new-record-book-2022-with-examples-fillable.pdf>

KAY-NOBLE-GRANT COUNTY 4-H CAMP

June 20-22

Low Wentz Campgrounds

Registration and money is due on our office by June 5, 2023. No pictures, faxes or e-mailed registrations form will be accepted.

Registration fee is \$85.00 per 4-H'er.



Kay-Noble-Grant County Camp Counselor

June 20-22, 2023

Low Wentz, Campgrounds

\$65.00 per 4-H'er

Completed registration form and money due in our office by May 4th.

If you are 13 years and older and interested in becoming a camp counselor.

There will be two mandatory trainings you will need to attend.

4-H ROUNDUP

July 26-28
OSU Campus

If you are 13 and older Roundup is for you. We will meet in Ponca City for County Night on July 25th. Cost will be **\$191.50** per person.

Registration and money will be due on our office by May 15, 2023.



OK Parent-Volunteer Conference

June 23-24, 2023

Registration and payment due on or before June 2.



JUNE 23 PRE-CONFERENCE WORKSHOPS

- Project WILD
- Healthy Choices-Fitness for Life

JUNE 24 - CONFERENCE

- Sixteen unique workshops
- Volunteer Recognition Luncheon
- 4-H Market Place

Pre-conf. and Conference ~~\$99~~ \$65**

Conference ONLY ~~\$85~~ \$50**



Thank you for supporting OK 4-H Volunteers **



Register

4-H TUESDAY TOOL TIME



For Volunteers, Parents and Extension Professionals

**2023 Quarterly Schedule
Registration Necessary**

- January - Project WILD (*Recording Posted*)
- **April 11 - Jr. Master Gardener Resources**
- June 13 - Engaging Volunteers Meaningfully
- November 14 - Social and Emotional Learning Lessons: From 4-H at Home to Clubs and Schools



REGISTER and Recordings

CALENDAR

May

4—Kay-Noble-Grant County 4-H Camp Counselor Registration and money due in our office

11—4-H Tuesday Tool Time

15 - 4-H Roundup registration and money due in our office

June

1—County Record Books due in office

2—OK Parent-Volunteer Conference registration

5—Kay –Noble-Grant County 4-H Camp registration and money due in our office

13—4-H Tuesday Tool Time

20-22 Kay-Noble-Grant County 4-H Camp

23-24 OK Parent-Volunteer Conference

July

25-28 4-H Roundup

November

14—4-H Tuesday Tool Time



Teen Leader/PLO Meeting

May 15, 2023

Kay County Extension Office

Multipurpose Room

The Teen Leader Meeting will be held at 6:00 PM

The PLO Meeting will be held at 6:30 PM

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